

# BODENHAMER RECREATION CENTER

## WATER AEROBICS CLASSES

**MON** 8:00 AM Arthritis Water Class  
9:00 AM Water Aerobics  
10:00AM Liquid Pilates  
11:00 AM Aqua Running  
12:00PM Deep Water Class  
5:30 PM PM Deep Water Class

**TUES**  
8:00 AM Arthritis Water Class  
9:00 AM Water Aerobics  
12:00PM Deep Water Class

**WED**  
8:00 AM Arthritis Water Class  
9:00 AM Water Aerobics  
10:00AM Liquid Pilates  
11:00 AM Aqua Running  
12:00 PM Deep Water Class  
5:30 PM Shallow Water Class

**THURS** 8:00 AM Arthritis Water Class  
9:00 AM Water Aerobics  
12:00PM Deep Water Class  
5:30 PM PM Deep Water Class

**FRI** 8:00 AM Arthritis Water Class  
9:00 AM Water Aerobics  
10:00AM Liquid Pilates  
11:00 AM Aqua Running  
12:00 PM Deep Water Class

### RATES

\$5.00 per class  
\$30.00 per month  
Full Bodenhamer members - FREE

**There will be no classes on the  
following holiday dates:**

Thanksgiving Day	Friday after Thanksgiving
Christmas Eve	Christmas Day
New Year's Eve	New Year's Day

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**BODENHAMER RECREATION CENTER**

MON-FRI: 5:30AM - 9:00PM SAT: 8:00AM - 6:00PM

SUNDAY: 1:00PM - 6:00PM

